



Behavioral
Health
Division

YOUR RIGHT TO BE SAFE

UNDERSTANDING, PREVENTING & REPORTING ABUSE, NEGLECT, INTIMIDATION AND EXPLOITATION

Behavioral Health Division
6101 Yellowstone Road Suite 220
Cheyenne, WY 82002
(307) 777-7115
(800) 510-0280



For more information contact:

Behavioral Health Division
6101 Yellowstone Road, Suite 220
Cheyenne, WY 82002
307.777.7115
1.800.510.0280
TTY - 777-5578

If it's Abuse.....

REPORT IT!

Protection and Advocacy

7344 Stockman St,
Cheyenne, WY 82009

1-800-624-7648

wypanda@wypanda.com

Department of Family Services Adult Protective Services

1-800-457-3659

In state only, 8:00 a.m. – 5:00 p.m. MST

dfsweb@wyo.gov

Department of Family Services Child Protective Services

1-800-457-3659

In state only, 8:00 a.m. – 5:00 p.m. MST

dfsweb@wyo.gov



YOU HAVE A RIGHT TO BE SAFE!

You are one of a kind and a special person that deserves to be happy, healthy and safe at all times.

It is important to take care of yourself, protect yourself and your property, and to reach out for help when necessary.



There are people and programs in your community ready to help.

NOTES:

PROTECT YOURSELF!

Know that no one, absolutely no one, has the right to abuse you.

You do not deserve to be abused. No one does.

If you are being abused, you are a victim.

It is not your fault.

You should not suffer abuse, pain, fear or sadness.

There are people who care about you and want to help you.

Maintain contact with relatives, neighbors, and friends.



Tell someone if you are not happy with the way you are being treated.

You can take care of yourself, and protect yourself by...

- Knowing what situations may put you in harm
- Knowing what you can do about it

Abuse is against the law.

WHAT IS ABUSE?



Physical Abuse: If someone hits you, pushes or shoves you, or treats you roughly.

Intimidation: If someone calls you names, harasses you, or threatens you. Threats include using frightening physical actions that stop short of causing physical harm such as raising a hand in a threatening manner.

Exploitation: If someone steals your personal belongings, or uses your money as his or her own.



Neglect: If someone who is caring for you withholds basic necessities or care.

Abandonment: If someone who has assumed the responsibility of caring for you leaves without notice.



Neglect

- Not getting enough to eat or drink and it makes you sick
- Poor hygiene, soiled bedding or clothing
- Unkempt physical appearance (example: dirty clothes)



Exploitation

- Missing property such as money and jewelry or unapproved activity in bank account.

Abandonment

- Provider quitting without notice (does not give required 30 days notice)
- Telephone calls or attempts to contact provider going unanswered



WHAT ARE SIGNS OF ABUSE?

Family, friends, or caregivers should look for...

Physical Abuse

- Bruises, black eyes, welts or other marks and cuts
- Bone Fractures
- Sprains or dislocations
- Repeated accidental injuries
- Injuries that do not match the story of how they happened
- Statements about being afraid
- Constant complaints of health problems
- Talking about someone being angry or mad



Intimidation

- Extremely withdrawn (changes from happy to sad or wanting to be alone)
- Non-responsive (don't really care about anything)
- Emotionally upset or agitated
- Acting shy

WHO CAN BE AN ABUSER?

Anyone, in which you are in contact, may put your safety at risk.



Sometimes it may be those who provide you services.

Sometimes it is a stranger or someone you know well.



It can happen in your day program, work site, or in any other community location.



It can happen in your home.

WHAT SHOULD I DO?



Tell Someone!

There are people you can talk to if you think you are being harmed or hurt.

Name at least one person you can talk to and you can trust (police officer, parent/guardian, friend, Case Manager, etc.)

I can trust _____.

Other people and agencies have to get involved if you are in danger of any kind of abuse. They will help to keep you safe. These include:

- Your Guardian, if you have one
- Local Department of Family Services (DFS)
- Local police/law enforcement
- Your Case Manager
- Protection and Advocacy Systems, Inc.
- Behavioral Health Division (BHD)



GET HELP!

If you think you are being harmed or hurt in any way by someone, you can get help.

Some of the people you can contact:

- Local Police: _____
- Case Manager: _____
- Protection & Advocacy: 1-800-624-7648
- BHD staff: 1-800-510-0280
TTY: 307 - 777-5578
- Local DFS :1-800-457-3659



◆ If you think any other crime has been committed against you, such as sexual abuse, including any unwanted physical touch of your body, then you would need to report this immediately to the police.

Crimes, such as these, are considered a form of abuse.